

SAMPLE PROGRAM OFFERINGS

The following represent a sampling of programs and services offered by the Parks and Recreation Department. Program offerings are continually evaluated regarding participant satisfaction and overall demand, and are modified accordingly. Programs are divided by age group and type.

	FITNESS	ARTS	SKILL DEVELOPMENT/ SPECIAL INTERESTS	CAMPS AND SUPERVISED GROUPS	PARENT-CHILD ACTIVITIES	OTHER
PRESCHOOL 6 mo – 5 yr	Swimming Gymnastics Soccer Sports Skills	Dance Music Drama Visual Arts	Pre-K Readiness	Tiny Tots Day Camps	Swimming Gymnastics Sports Skills Parent-Tot Playschool Performing Arts Visual Arts	Hands-on-the- Arts
ELEMENTARY SCHOOL 6 yr – 12 yr	Swimming Gymnastics Soccer Tennis Skating Youth Sports Leagues After-School Sports	Dance Drama Music voice instrument Painting Drawing Pottery Crafts After-School Arts Hands-on-the-Arts	Babysitting First Aid Water Safety Science Nature Cooking Manners Mathematics Summer Express Non- Academic Summer School	Camps Arts Camps Adventure Camps Sports Camps Science Camps Day Camps Noontime and After-School Programs	Arts Skating Rock Climbing	“Fun-on-the-Run” Skate Park
TEENS* 13 yr – 18 yr	Youth Sports Leagues and Teams After-School Sports Open Gym Tennis Golf Swimming Gymnastics	Arts Groups Visual Arts Performing Arts	Babysitting Driver Education Lifeguard Training	Sports Camps Arts Camps Trips & Outings Teen Social Activities After-School Programs		Volunteerism Special Events Dances Employment and Camp Counselor Opportunities Skate Park

	FITNESS	ARTS	SKILL DEVELOPMENT/ SPECIAL INTERESTS	CAMPS AND SUPERVISED GROUPS	PARENT-CHILD ACTIVITIES	OTHER
ADULTS	Swimming Martial Arts Tennis Badminton Volleyball Aerobics Weight Control Sports Leagues Golf Open Gym Yoga	Dance Drama Voice Instrument Visual Arts painting drawing pottery crafts Jewelry	Wellness		See Youth Activities	Volunteerism Special Agreements with Non-Profit Organizations
Older Adults 50 yr +	Dance Aerobics Tai Chi Tennis Golf Health and Wellness Table Tennis Yoga Drop-in Fitness Room	Drawing Painting Flower Arranging Crafts Pottery Dances	Language World Cultures Games Chess Bridge Computer Classes Music Appreciation Lawn Bowling Billiards	Trips Local Trips Extended Trips Drop-in Program Games Tai-Chi Movies Dance Socialization Clubs	Inter-generational Activities and Events	Transportation Volunteerism Lunch Program Health & Wellness Services Legal and Tax Assistance Employment Services Information and Referrals
INDIVIDUALS WITH DISABILITIES*	Swimming Bowling Tennis	Inclusion in Art Classes	Cooking Games	Community Outings		Cooperative Dances Information and Referral

The Department also sponsors various seasonal or holiday-related special events for the entire community.

*Note: In addition to these listings, most adult activities are open to teens 16 years and older and to older adults. Pursuant to the Americans with Disabilities Act, the City of Sunnyvale will make reasonable efforts to accommodate persons with disabilities.